

2016 Adolescent Health Survey: Ashland High School Data



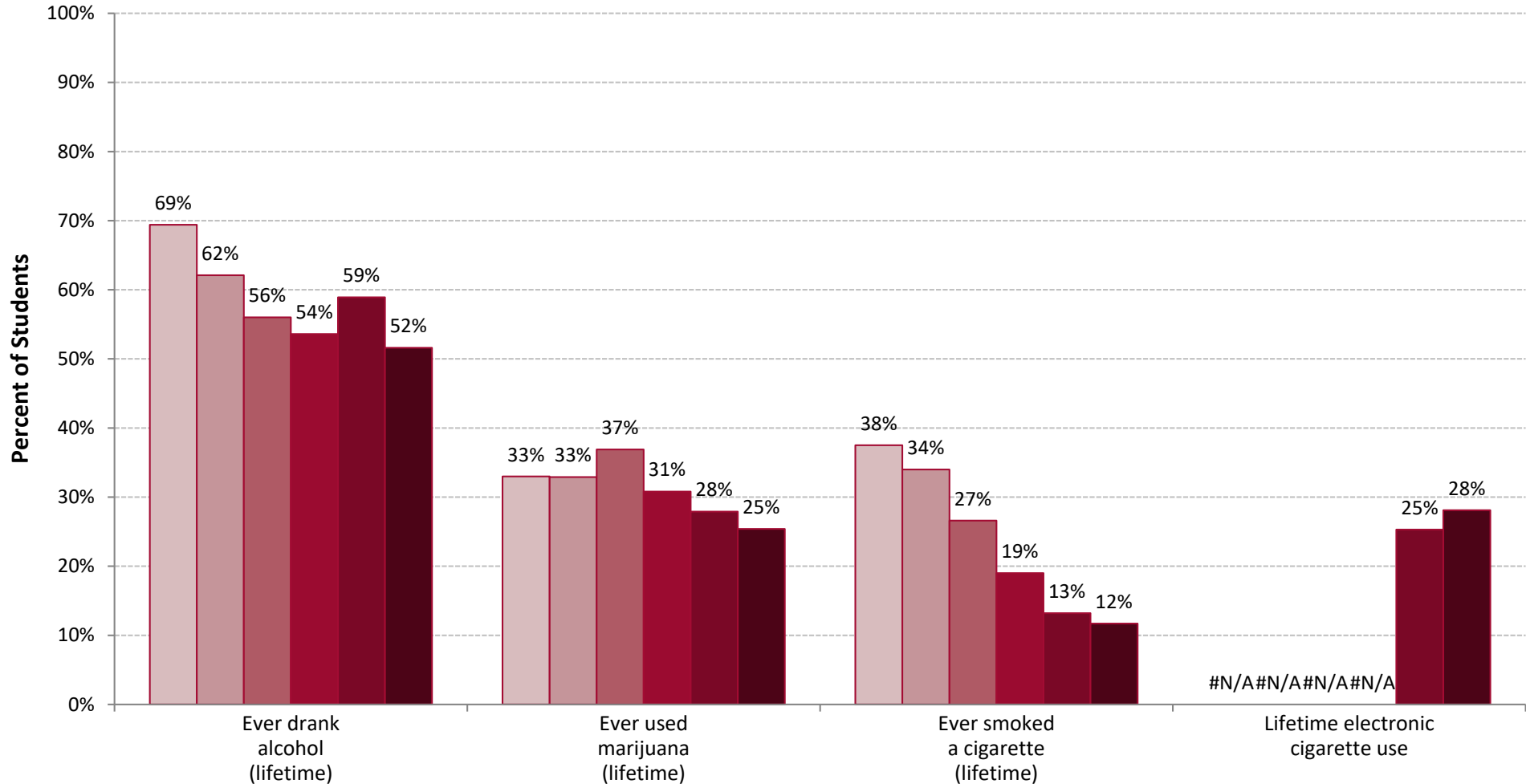
- Trends in Substance Use

Trends in Lifetime Substance Use, 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

2006 (n=637) 2008 (n=650) 2010 (n=672) 2012 (n=665) 2014 (n=652) 2016 (n=675)





In 2016, what percentage of AHS students do you think used alcohol in the past 30 days?

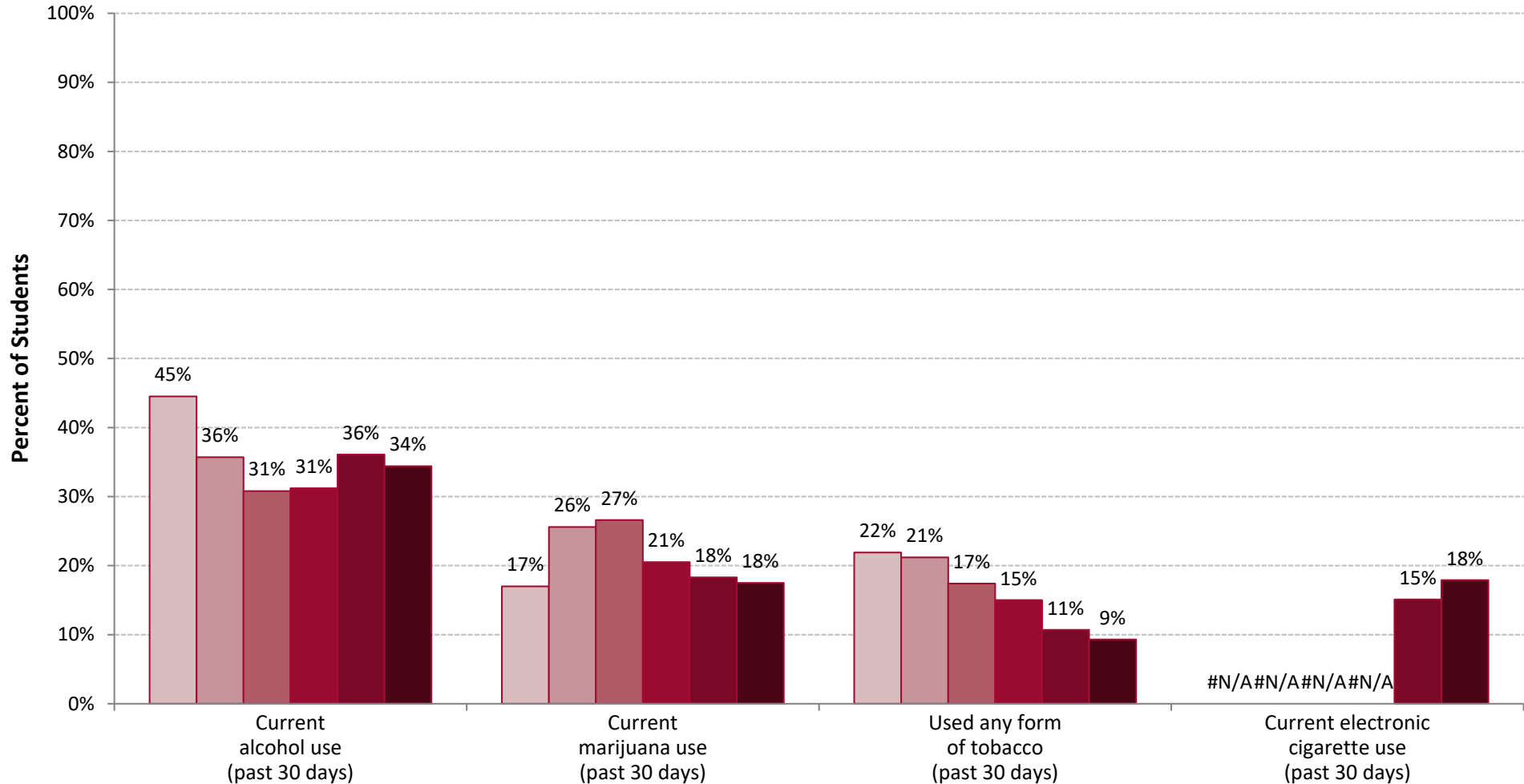
- A. 0% - 15%
- B. 16% - 30%
- C. 31% - 45%
- D. More than 45%

Trends in Current Substance Use, 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

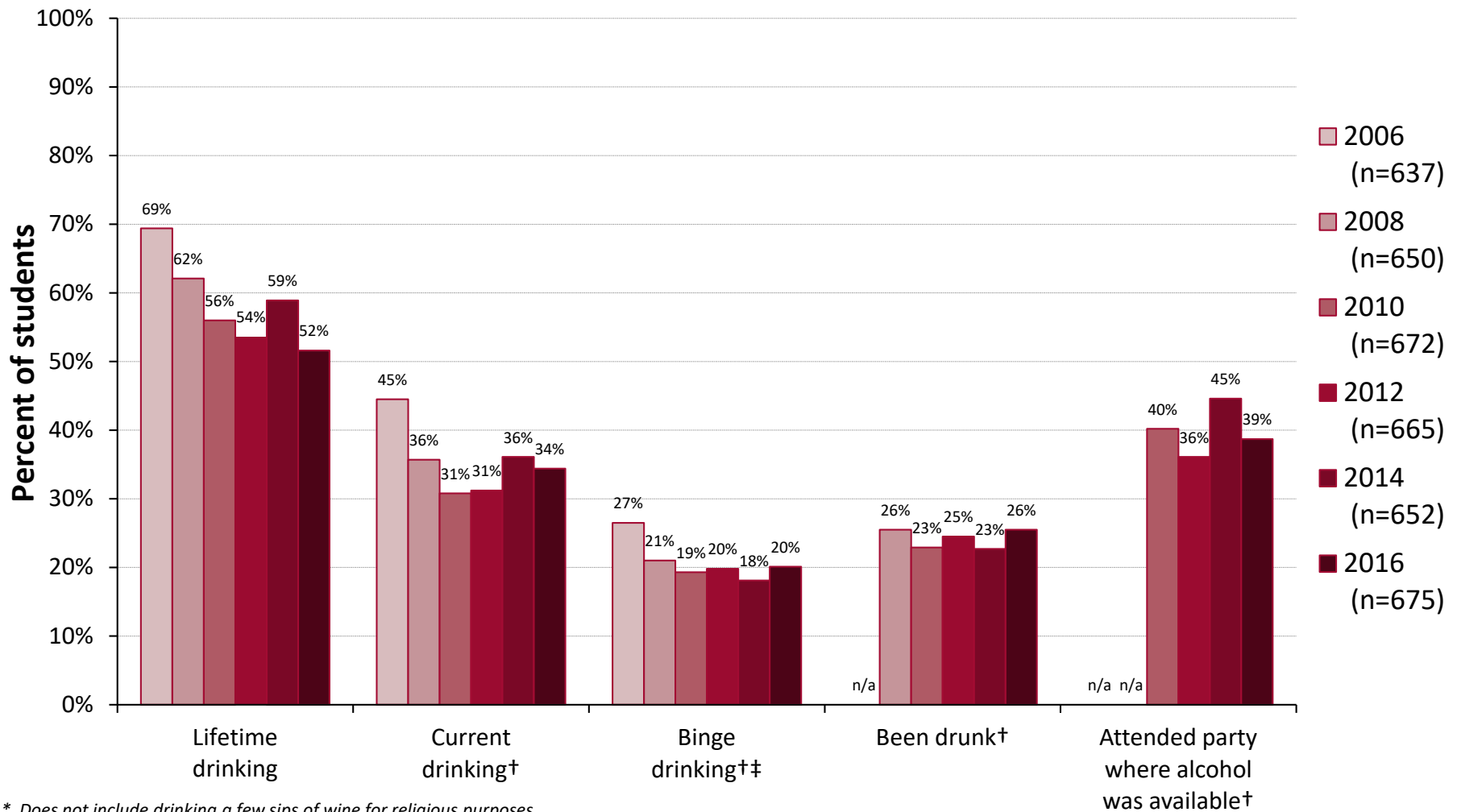
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Trends in Alcohol Use,* 2006-2016

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* Does not include drinking a few sips of wine for religious purposes

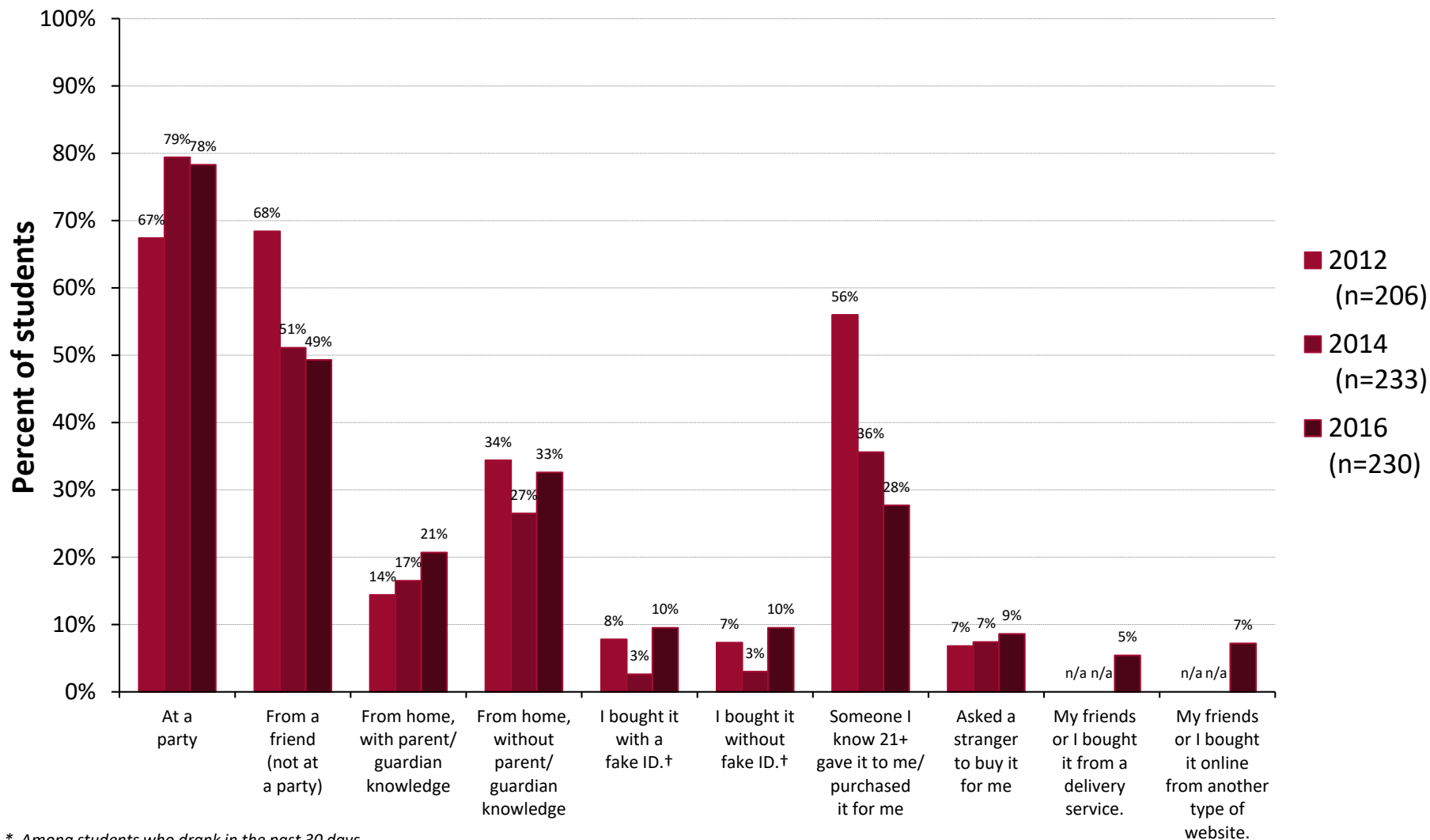
† In the past 30 days

‡ From 2006 to 2016, binge drinking was defined as 5 or more drinks in a row on one or more occasions for all students.
In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

Trends in Access to Alcohol Among Current Drinkers,* 2012-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



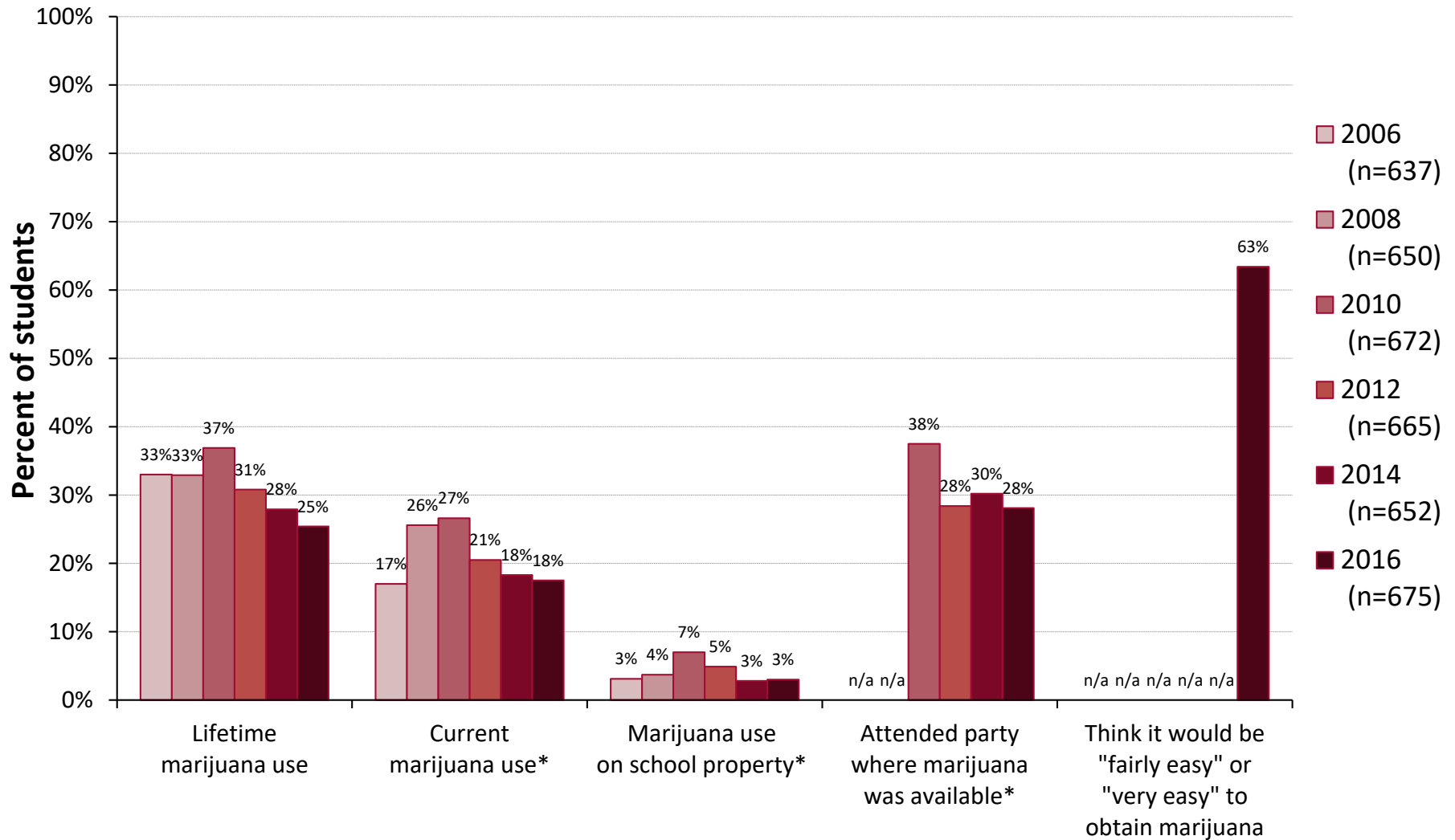
* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

Trends in Marijuana Use, 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

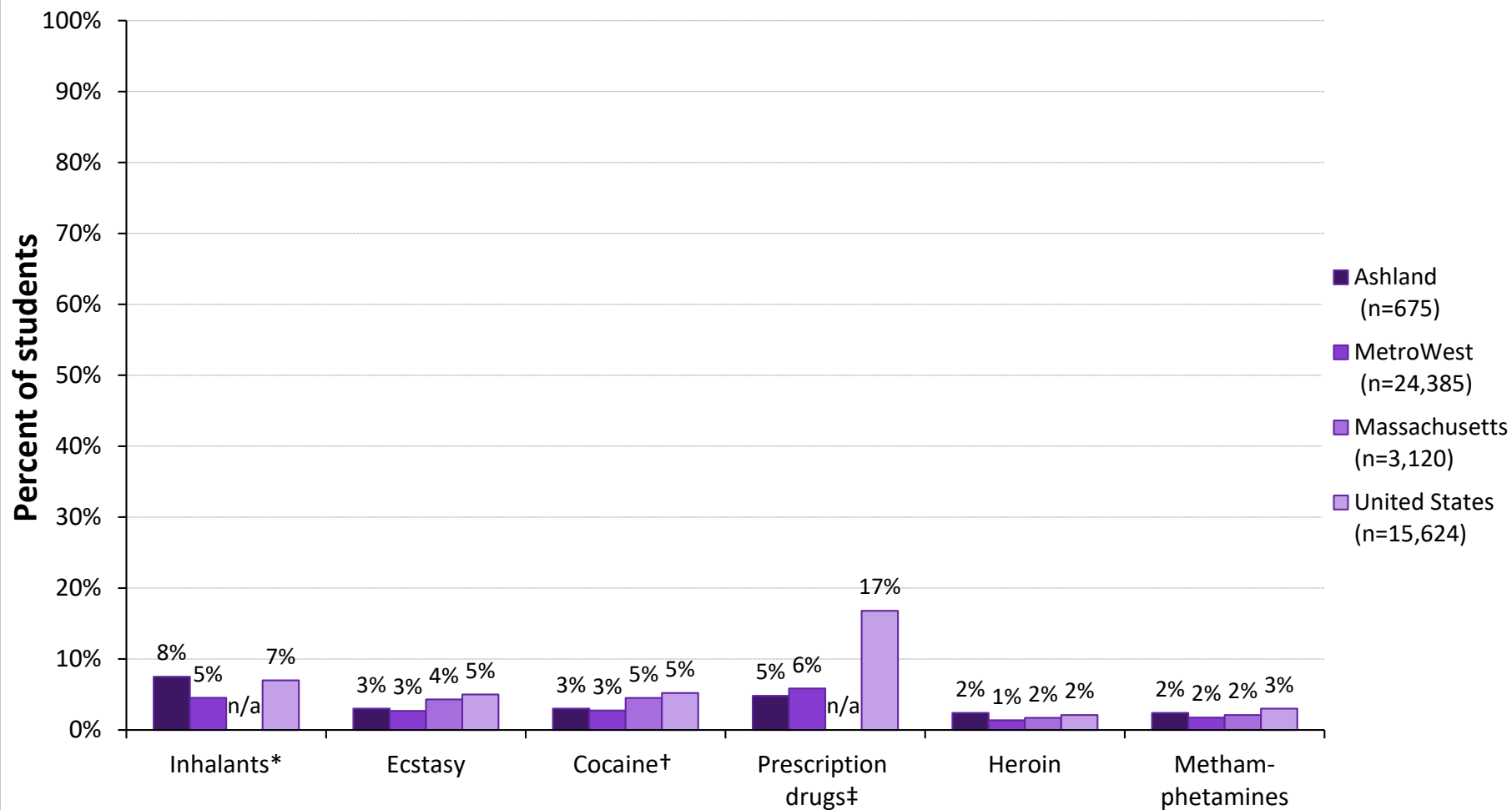


* In the past 30 days

Lifetime Other Substance Use at the District, Regional, State, and National Levels, 2016

Ashland High School (Grades 9-12)

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* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

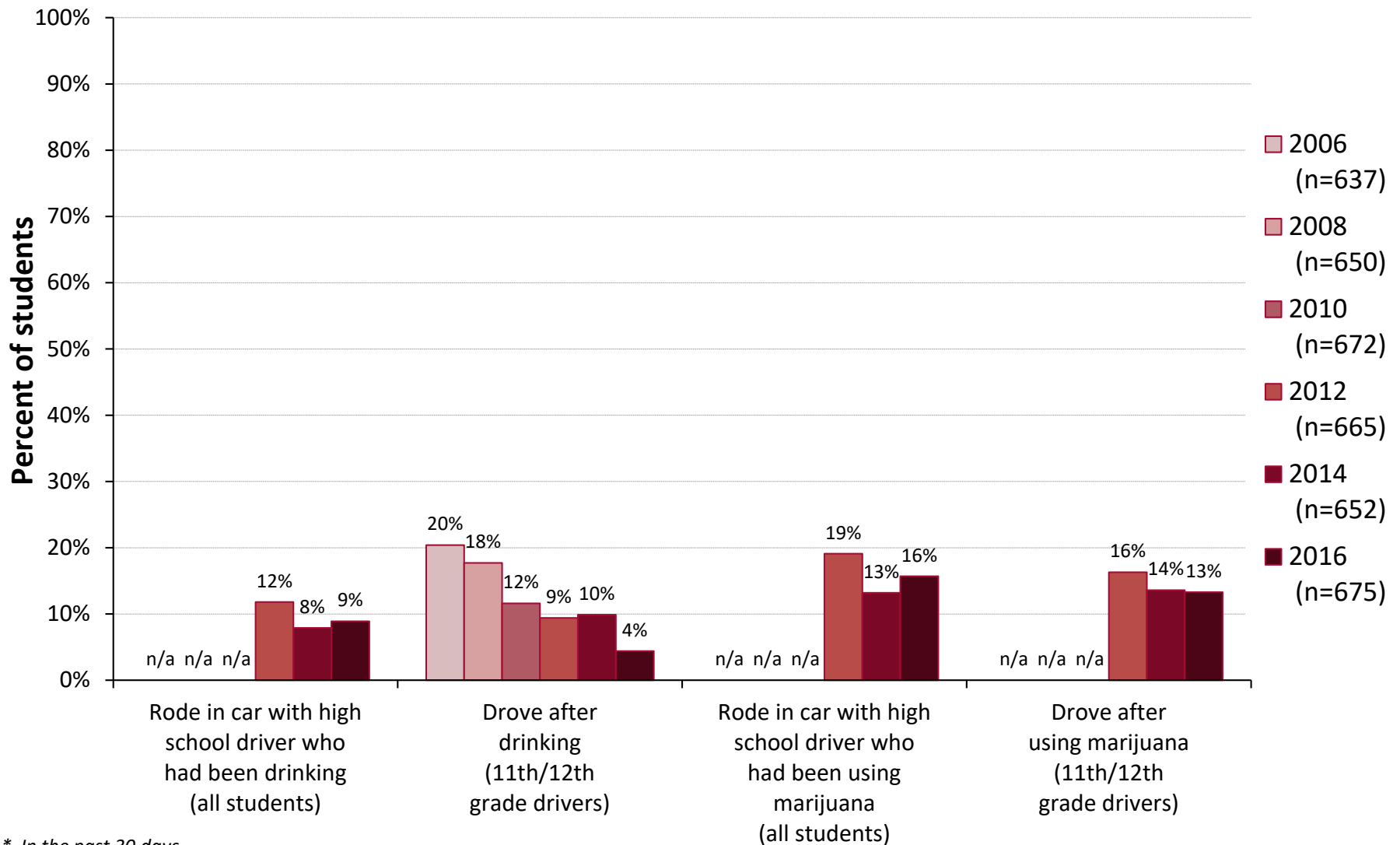
† Includes using powder, crack or freebase

‡ Without a doctor's prescription

Impaired Driving and Related Passenger Behaviors,* 2006-2016

Ashland High School (Grades 9-12)

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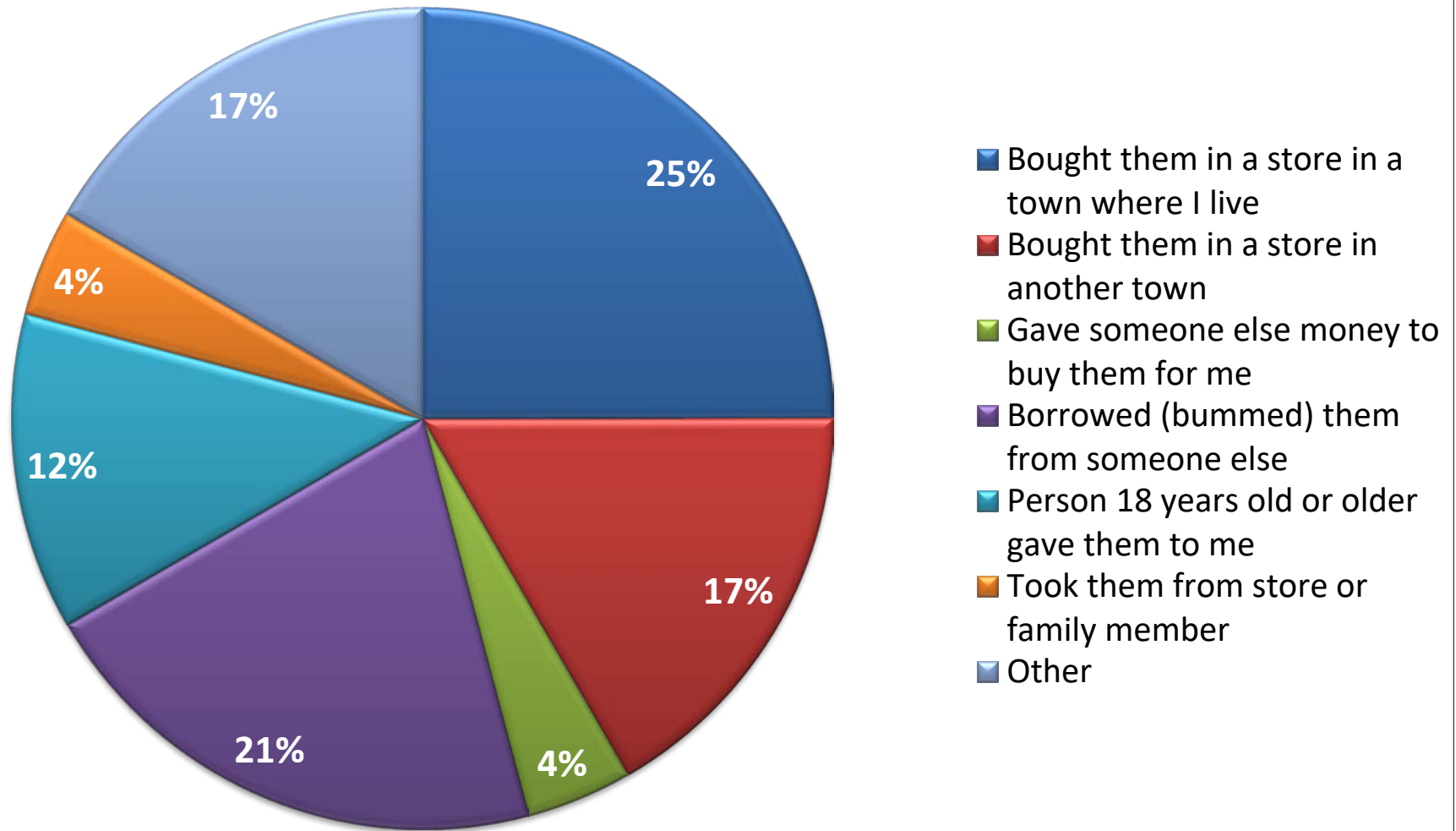


* In the past 30 days

Access to Cigarettes*, 2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

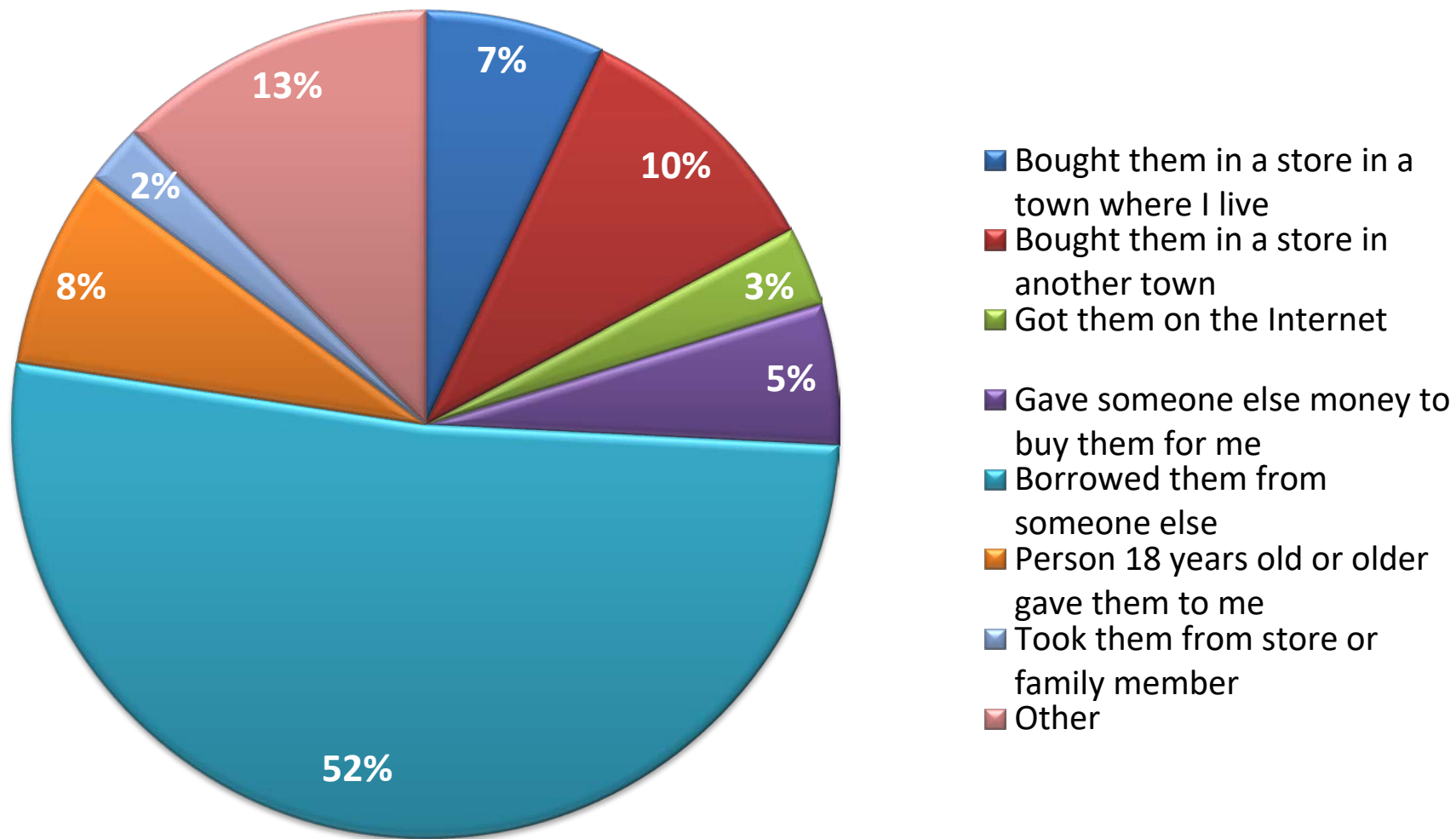


* Among students who smoked in the past 30 days

Access to Electronic Cigarettes*, 2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

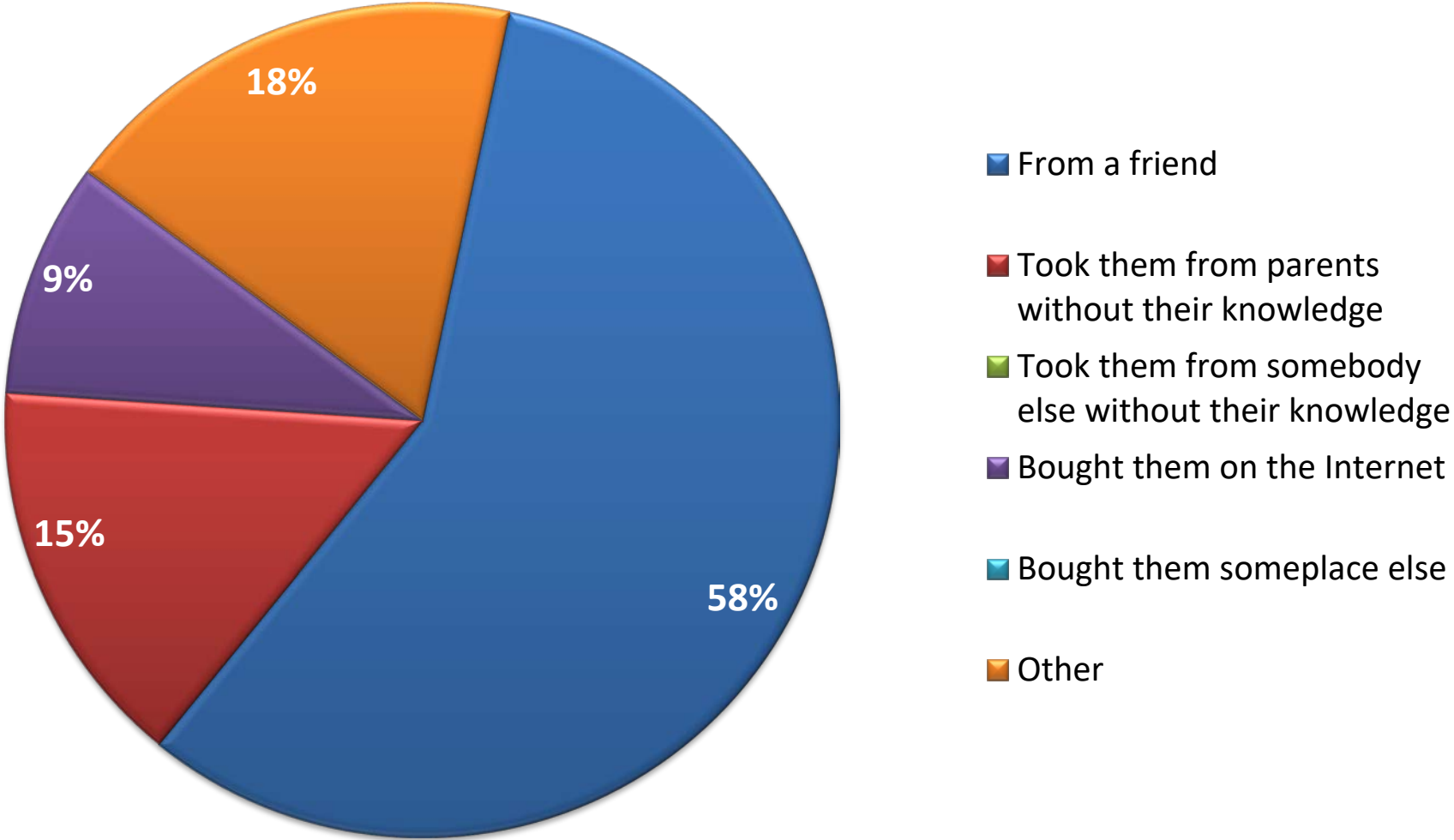


* Among students who used electronic cigarettes in the past 30 days

Access to Prescription Drugs,* 2016

Ashland High School (Grades 9-12)

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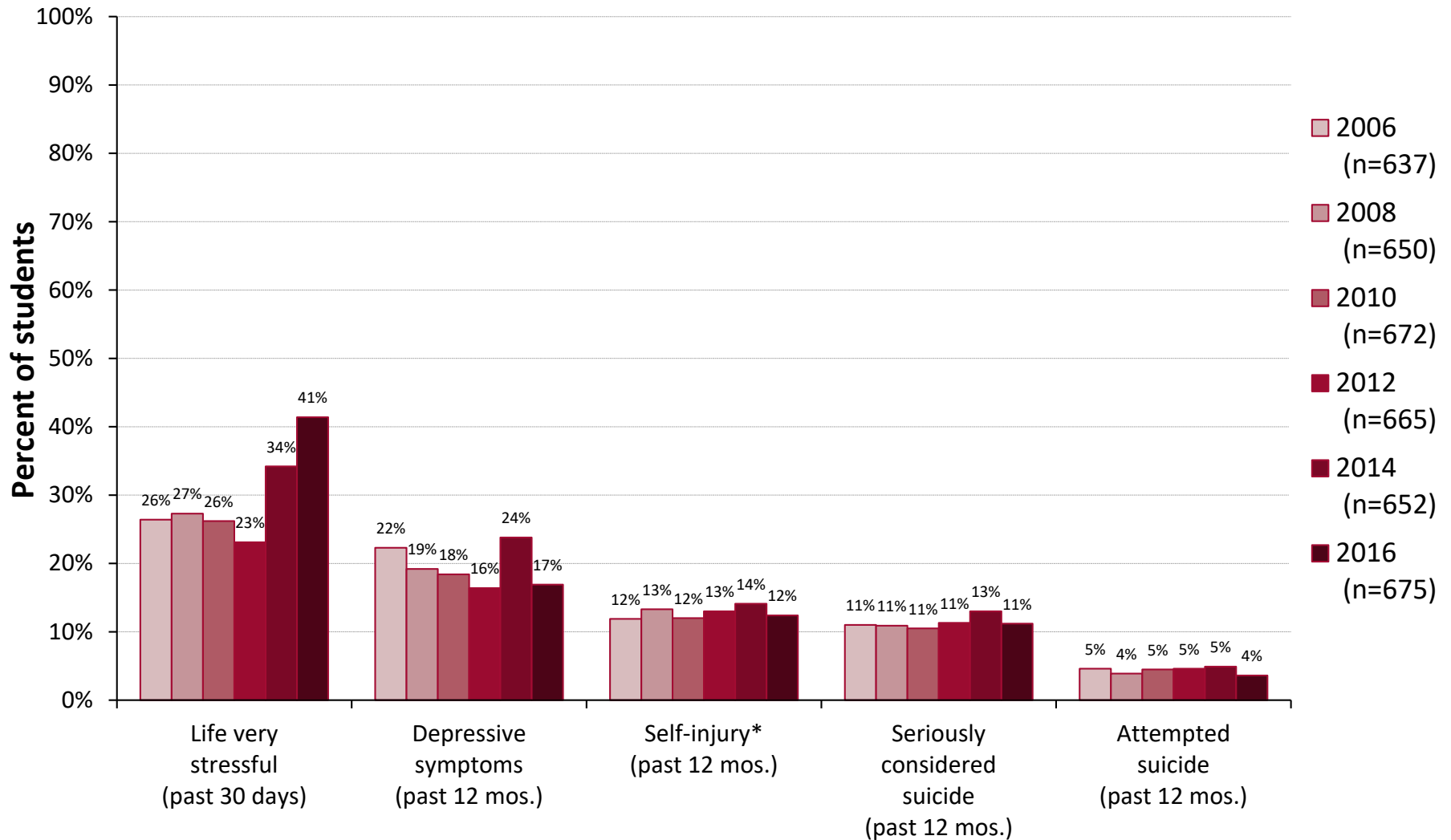
* Among students who misused prescription drugs in their lifetime

- Trends in Mental Health and Suicidality

Trends in Mental Health and Suicidality, 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

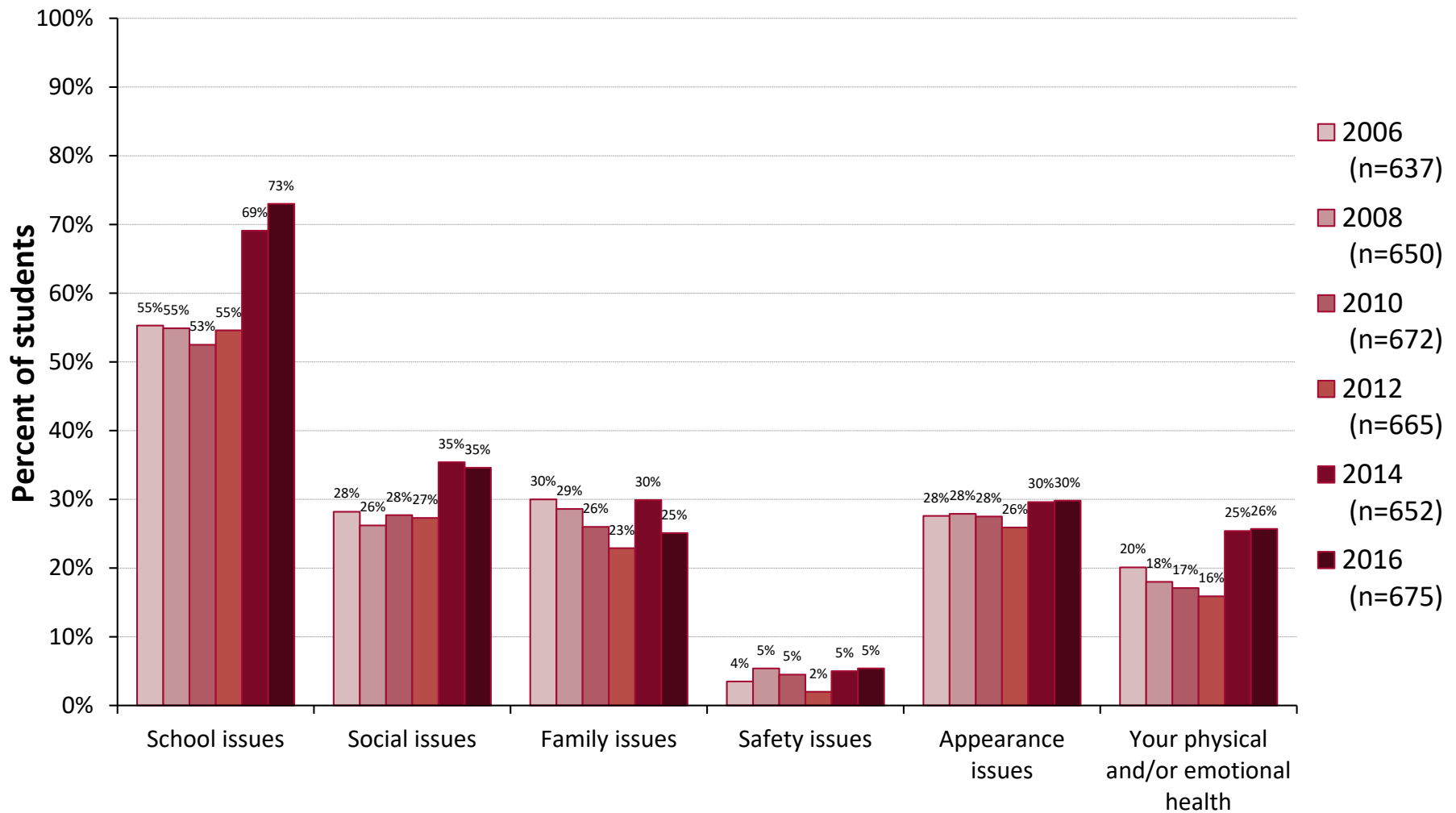


* For example, by cutting, burning, or bruising yourself on purpose

Trends in Sources of Stress,* 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

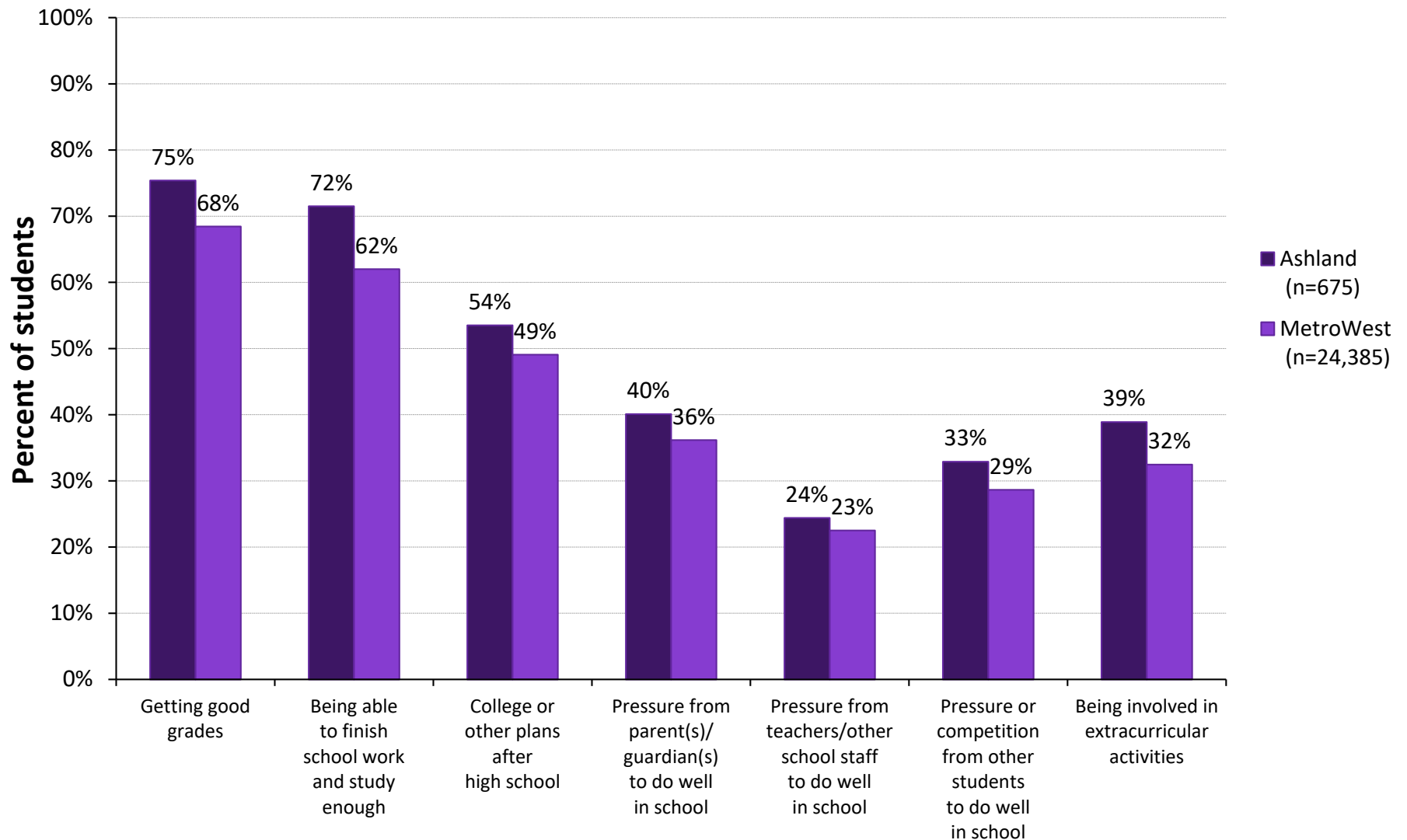


* Student responded that they worried/stressed about item "often" or "very often"

School-Related Stress at the District and Regional Levels, 2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

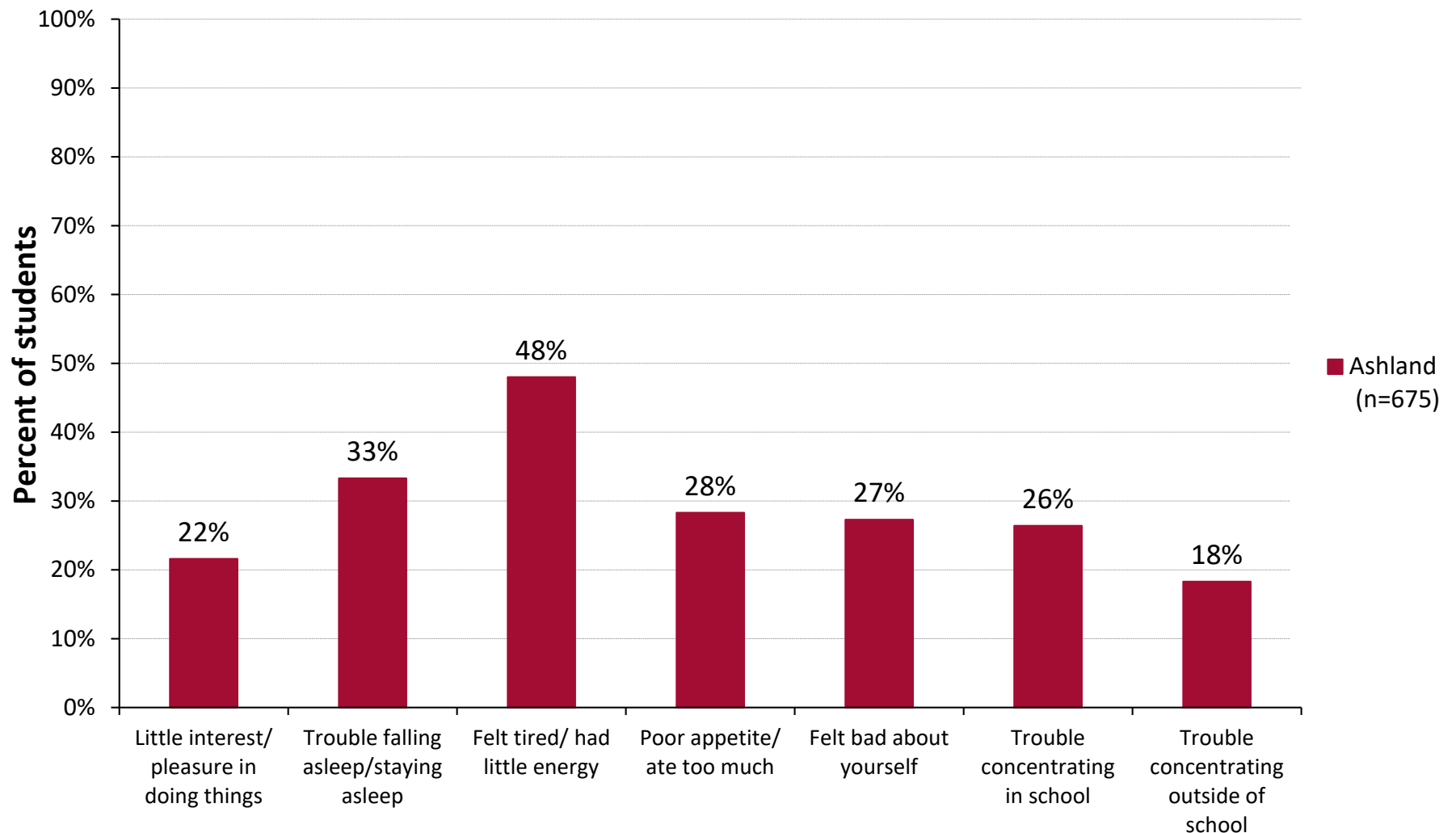


* Student responded experiencing related stress "often" or "very often"; past 30 days

Symptoms of Being Stressed, Anxious, or Worried,* 2016

Ashland High School (Grades 9-12)

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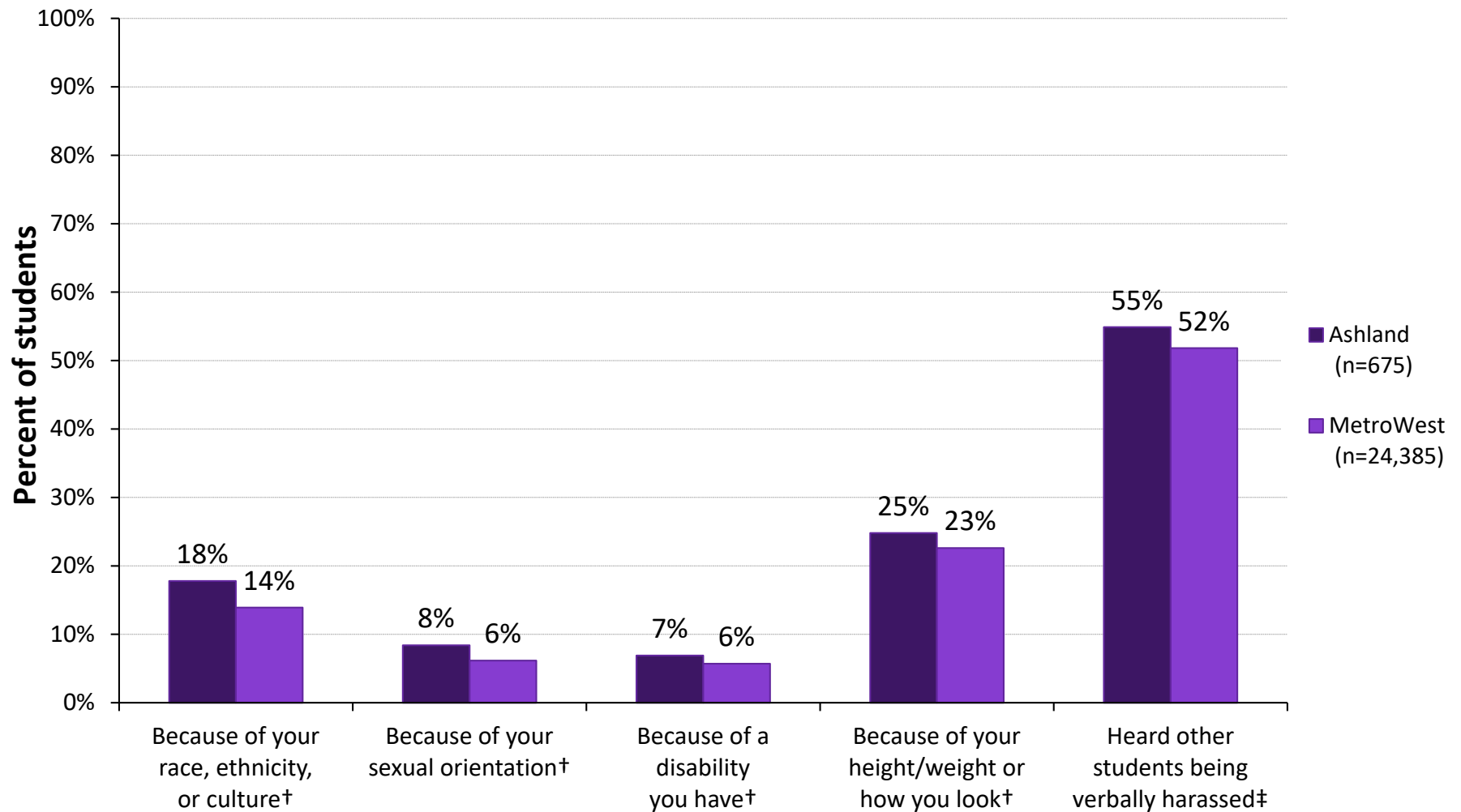
* Student responded "often" or "very often"; past 2 weeks

- Trends in Student Safety: Verbal Harassment, Bullying, and Distracted Driving

Verbal Harassment* at the District and Regional Levels, 2016

Ashland High School (Grades 9-12)

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* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

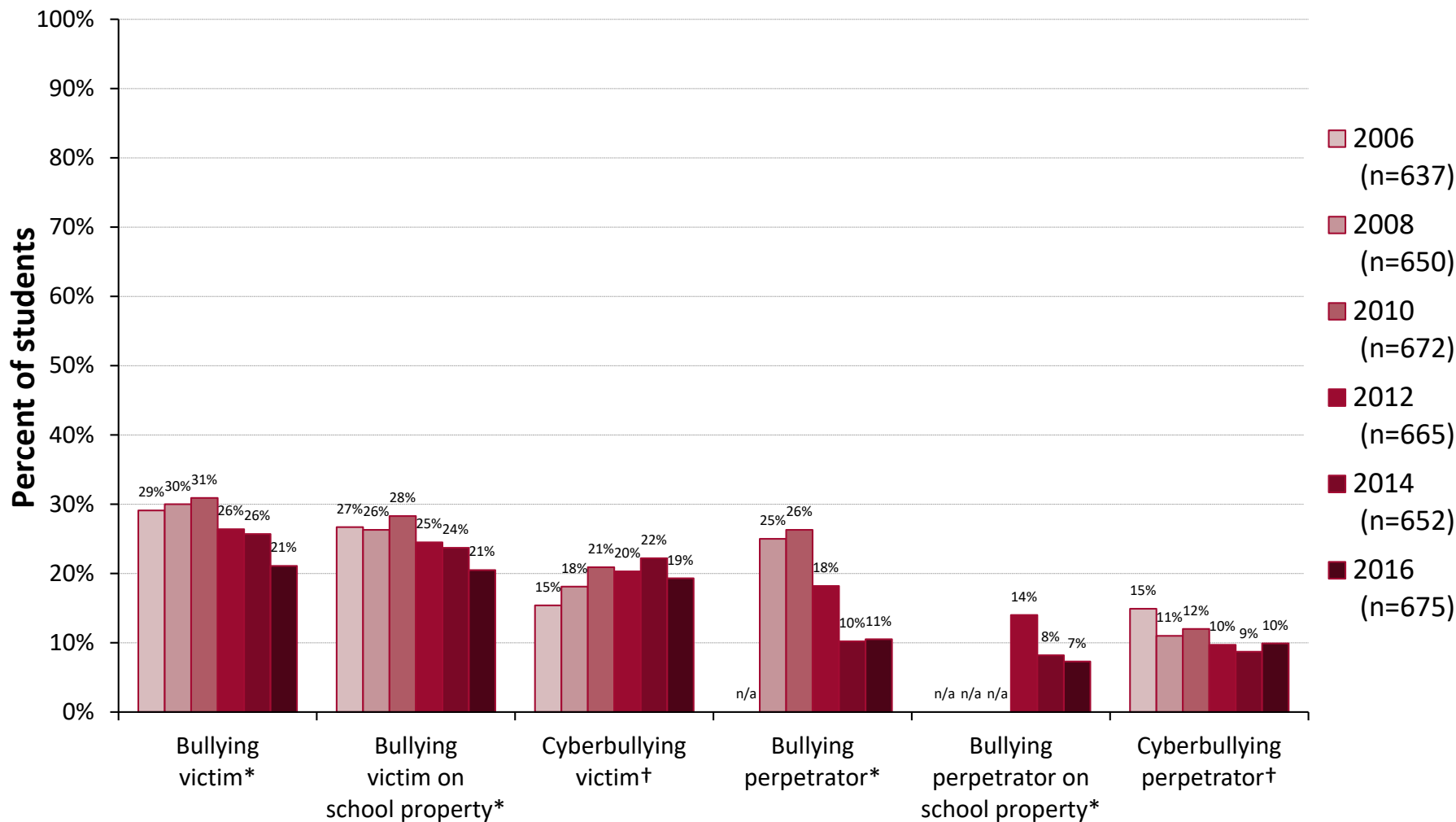
† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Trends in Bullying and Cyberbullying, 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey

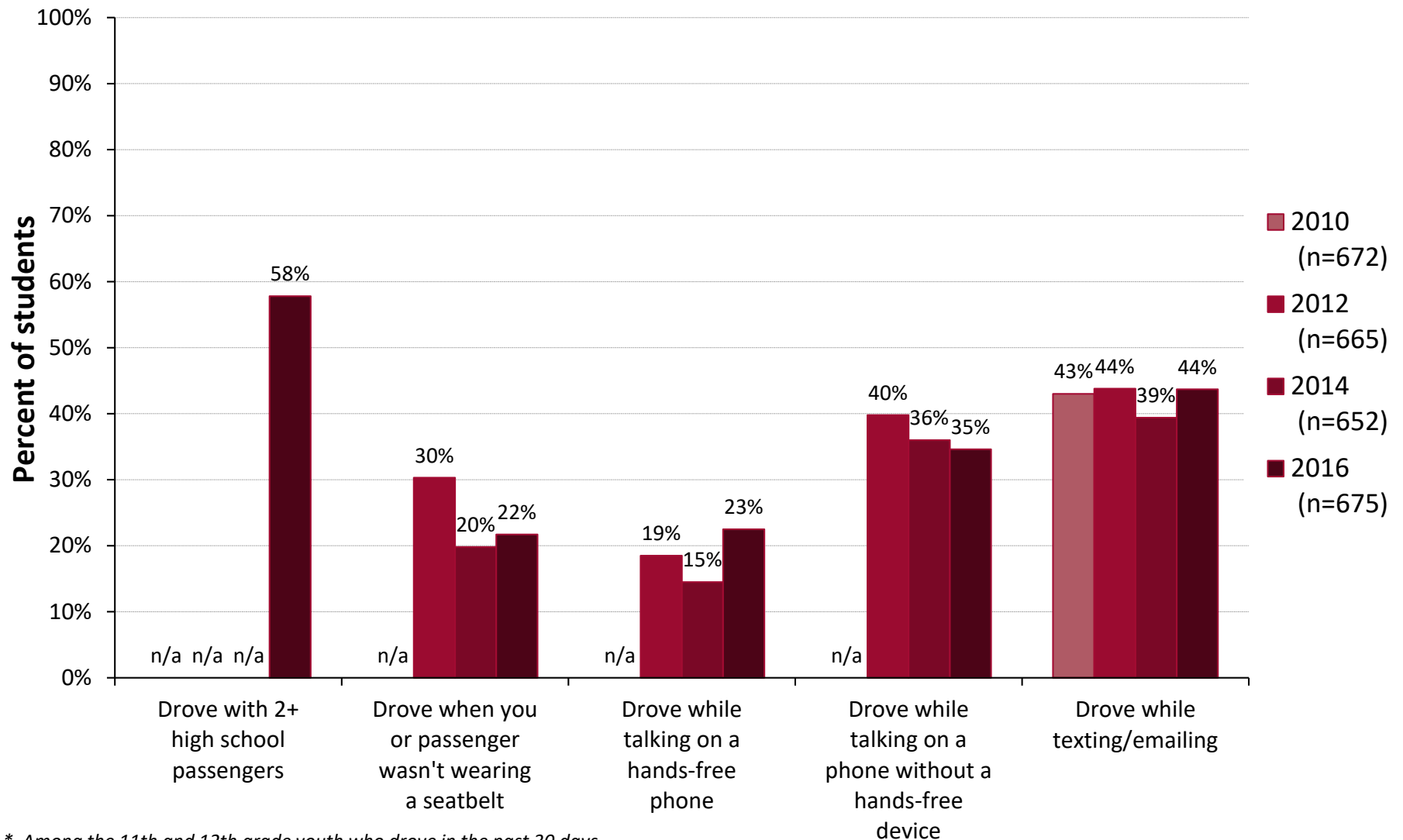


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Trends in Distracted Driving,* 2010-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



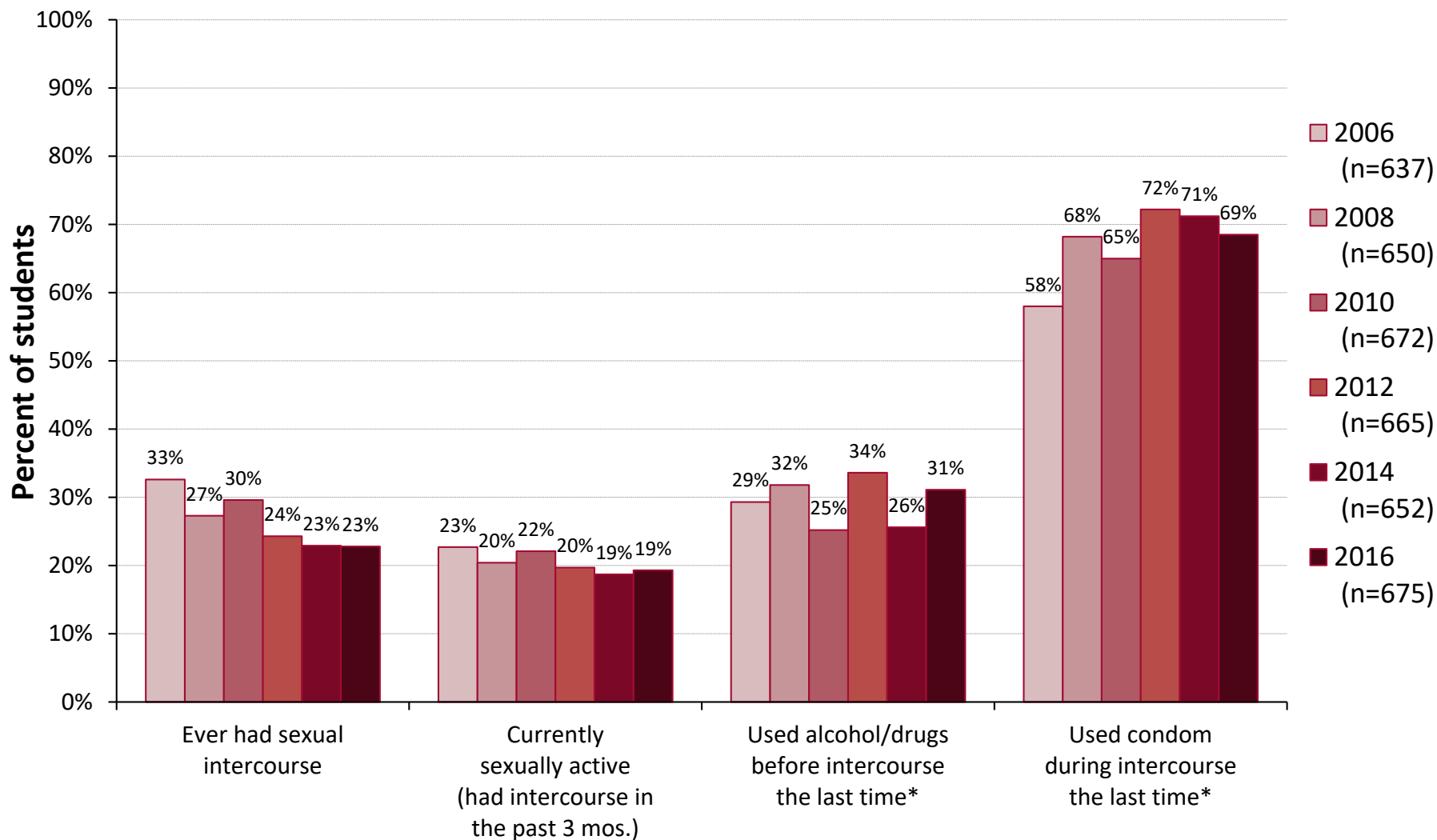
* Among the 11th and 12th grade youth who drove in the past 30 days

- Trends in Sexual Behaviors

Trends in Sexual Behaviors, 2006-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



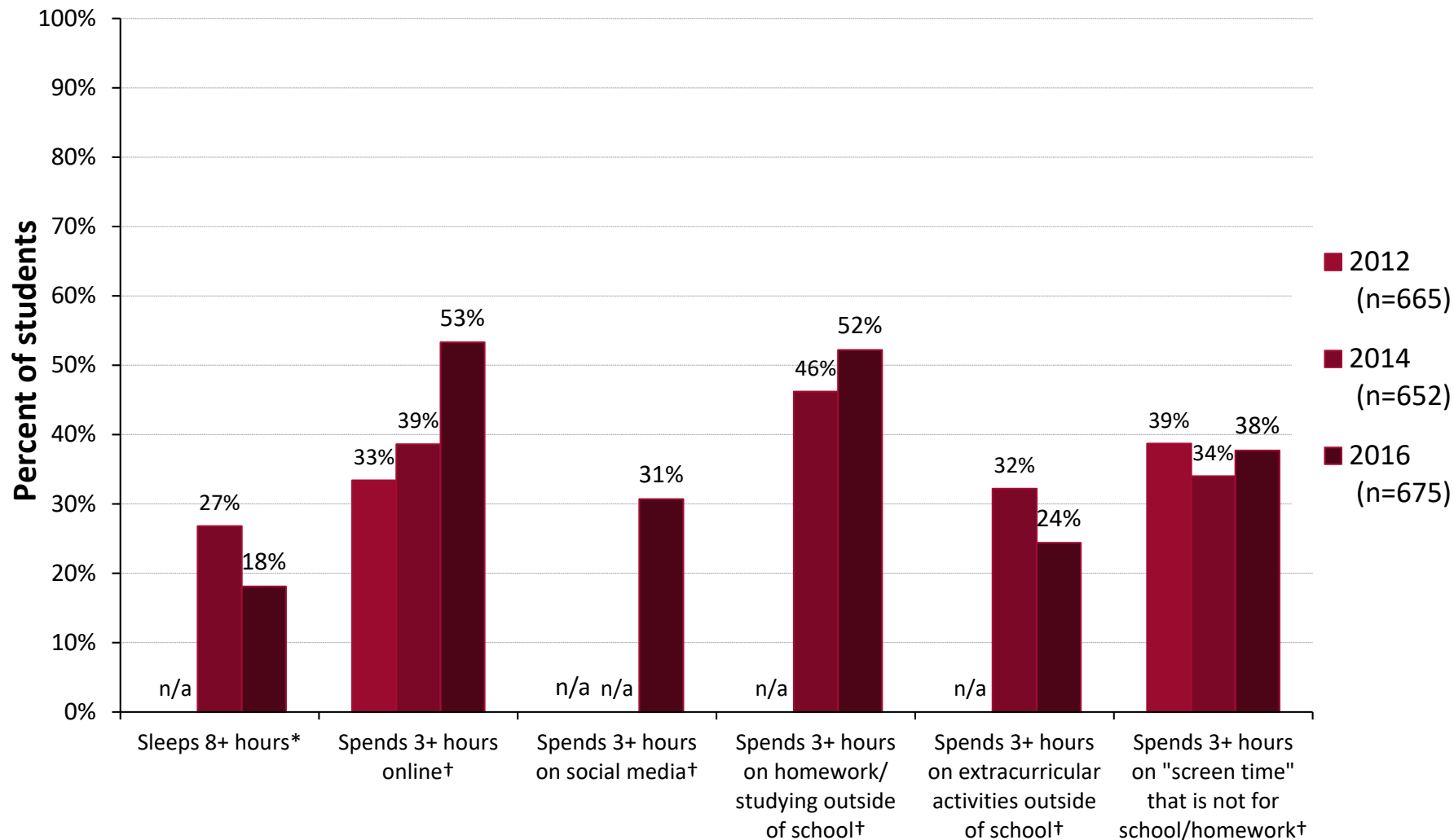
* Among currently sexually active youth

- Trends in Time Utilization: Sleep and Screen-time

Trends in Student Time Utilization, 2012-2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



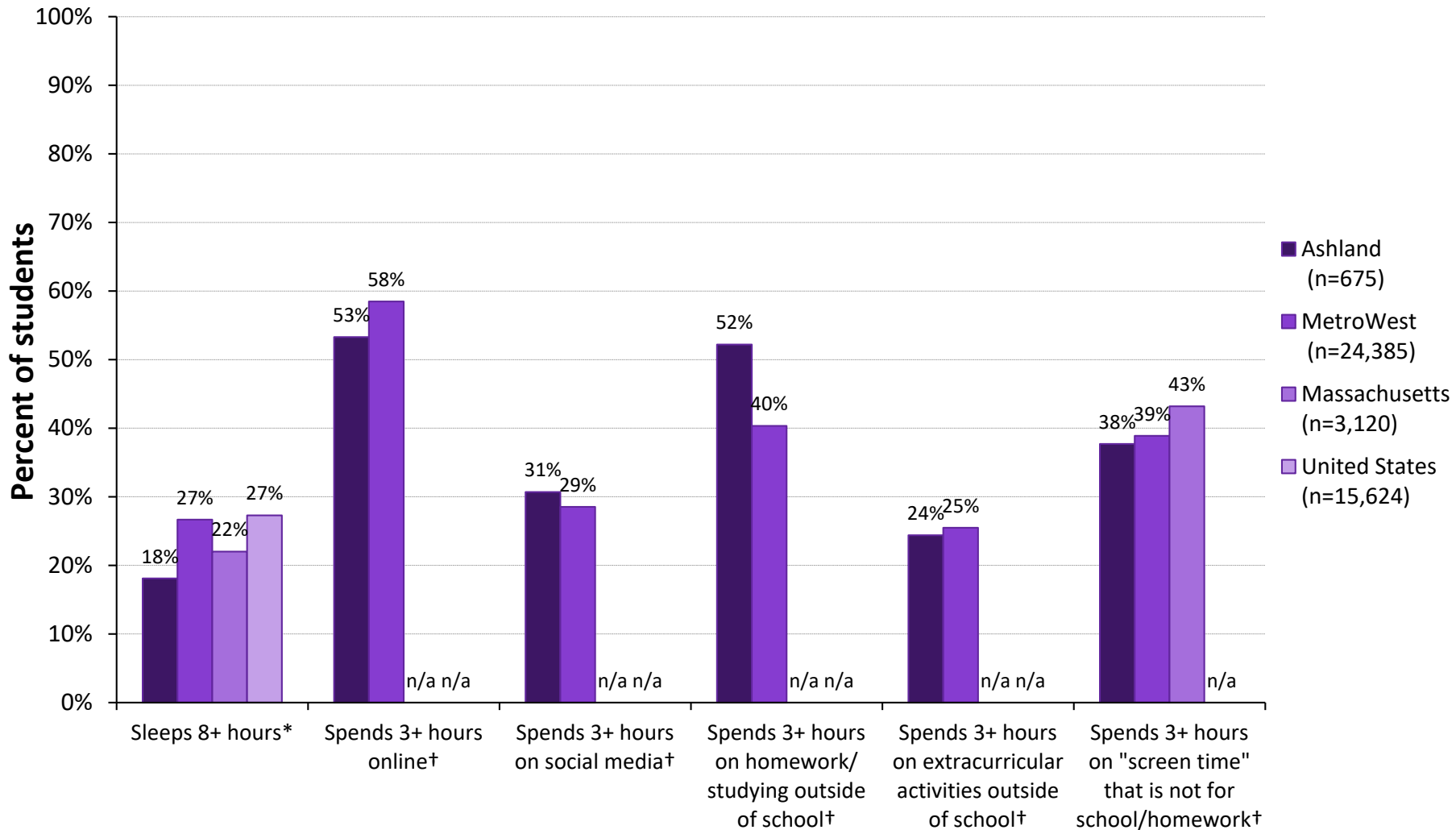
* On an average school night

† On an average school day

Student Time Utilization at the District and Regional Levels, 2016

Ashland High School (Grades 9-12)

MetroWest Adolescent Health Survey



* On an average school night
 † On an average school day



Overall Conclusions

- Generally, data collected from Ashland students in grades 9-12 show improvements in mental and physical health over the past decade.
- Continued behavioral health promotion (social, emotional, and mental health) and substance abuse prevention efforts are needed
 - Although data show that most students aren't current alcohol users, trends show that rates of current and high risk drinking behaviors are stubbornly high
 - While texting while driving has stayed at a steady rate, a new challenge will be tackling the growing availability of hands free phones in cars
 - Student stress, particularly related to grades and completion of school work, may need additional analysis
 - Increasingly, AMS and AHS students are spending considerable amounts of time online, including on social media